

At the Table -----

We give thanks for all the gifts of life!
For this food we share, for those who love us and care for us,
For a world of beauty and for the chance to bring love into the world
wherever it is needed, everyday.
May the food and the love we are given make us strong,
And give us the courage to do the work of love that we are called to do.

Tonight we give thanks for the great gift of friendship and in particular for these dear friends (*name*.) We are thankful for the circumstances that brought us together and have bound us into the sacred bundle of life. We are thankful for the gifts of our friendship: knowledge that comforts, words that encourage, insight that blesses, all the experiences shared, the sweet bliss of deeply knowing each other in so many ways. For history and a hope of the future, for conversation and laughter, for silence, for bearing each other's witness truly, for holding each other safe in our hearts with great love and tenderness.

Daphne Rose Kingma

Holy Spirit of Life,
Giving life to all life,
Moving all creatures,
Root of all things
Washing them clean,
Wiping out their mistakes
Healing their wounds,
You are our true source of life,
Luminous, wonderful,
Awakening the heart from its ancient sleep.

Hildegard of Bingen

A Chalice Lighting

We light this chalice as a symbol of the light that shines in the human heart.

In Spanish, from the UU Society of Spain:

Encendemos este cáliz como símbolo de la luz que brilla en el corazón humano.

A Daily Meditation-----

Morning: Breathing in, I welcome this day. Breathing out, I release my worries. Breathing in, I draw love and strength from my source. May it hold me through the gift of this day.

Evening: Breathing in, I feel the full day within me. Breathing out, I release all that has weighed me down. Breathing in, I feel the coolness of the evening, and I release myself into the time of solitude and rest.

Readings-----

Perhaps each of us have a starved place, and each of us knows deep down what we need to fill that place. To find the courage to trust and honor the search, to follow the voice that tells us what we need to do, even when it doesn't seem to make sense, is a worthy pursuit.

Sue Bender

It is written in Mahayana Buddhism that "the way is not one of turning away from the world, but of overcoming it through going toward knowledge, through active love towards ones fellow beings, through inner participation in the joys and sufferings of others and equanimity with regard to one's own weal and woe." May we strive more and more to turn toward life, particularly toward that which we would rather turn away from.

In A Grateful Heart

Sometimes our life reminds me
of a forest in which there is a graceful clearing
and in that opening a house,
an orchard and garden,
comfortable shades, and flowers
red and yellow in the sun, a pattern
made in the light for the light to return to.
The forest is mostly dark, its ways
to be made anew day after day, the dark
richer than the light and more blessed,
provided we stay brave
enough to keep on going in.

*from "The Country of Marriage," by Wendell Berry
often used by Jill in wedding ceremonies*

Two Stories of Truth, from the East -----

There came a day when the gods decided to create the universe. They created the stars, the sun, and the moon. They created the seas, the mountains, the flowers, and the clouds. Then they created human beings. At the very end, they created Truth. But they disagreed about where to put Truth so that it would be accessible, yet not too easy to find, wanting to prolong the adventure of the search.

“Let’s put Truth on top of the highest mountains,” said one. “Certainly it will be hard to find there.”

“Let’s put it on the farthest star,” said another.

“Let’s hide it in the deepest, darkest abyss,” said a third.

Another suggested “Let’s conceal it on the secret side of the moon.”

At the end, the wisest and most ancient god said, “No, we will hide Truth inside the very heart of human beings. In this way they will look for it all over the Universe, without being aware of having it inside themselves all the time. In this way it will be always close, yet the search for it will be the greatest challenge of all.

In ancient times there lived a people in a beautiful country, working the land, enjoying loving relationships. The leaders of the people felt they had earned the right to receive the Truth.

A shining prophet appeared among them. He was greatly revered, for they had heard he possessed the Diamond of Truth. One day the prophet led all the people to the foot of a mountain. He himself climbed to the top, holding the huge Truth Diamond above his head. The people fell to their knees, smitten by the blinding light reflected through the diamond. Then with all his force, he dashed the giant stone to the ground, breaking it into a million tiny pieces. Then he disappeared as mysteriously as he had come.

People scavenged for days collecting pieces of the diamond, which they called pieces of Truth. Pieces of truth became family treasures. Jealousy and envy grew, as people built walls around their diamond pieces. Each had a fragment of Truth, but not the whole Truth... and none was willing to give up their fragment. And thus was the origin of strife in the world.

From The Rev. Marnie Harmony

READINGS AND MEDITATIONS

To Share with Family and Friends

September 2014

Unitarian Universalist Fellowship of Corvallis

What is well planted cannot be uprooted...

Cultivate virtue in your own person

And it becomes a genuine part of you.

Cultivate it in the family,

And it will abide.

Cultivate it in the community,

And it will live and grow.

Cultivate it in the state,

And it will flourish abundantly.

Cultivate it in the world,

And it will become universal.

Tao Te Ching